

PART X

MIAMI-DADE COUNTY GOVERNMENT CENTER LOBBY EVENTS

Dates: September 23, 2003
October 14, 2003
November 25, 2003
March 26, 2004
April 22, 2004

Location: Stephen P. Clark Building
111 NW 1 Street
Lobby
Miami, Florida

Time: 10:30 AM to 2:30 PM



Event Type

Events designed and implemented specially for the Mayor's Health and Fitness Challenge

Highlights

LA Fitness Salsa Aerobics Interactive Demonstration
Alliance Qi Gong, Inc. Tai Chi Exercises Interactive Demonstration
Zumbando con Kelloggs Interactive Aerobic Demonstration
Florida International University Judo Team Demonstration
SAK Foundation Hip Hop Aerobics Interactive Demonstration
Clown Show and Face Painting

Population Demographics

General Population
Adults

Estimated Number of Attendees

5,000

Challenge Registrations

744 Adults
188 Children

Activities

Health and Fitness Information Distribution
Chair Massages
Promotional Giveaways
Free Health and Fitness Screenings
 Blood pressure
 Height & weight
 Body Mass Index and Body Fat Composition
 Skin Cancer



Challenge Participating Agencies and Organizations

Mercy Hospital
LA Fitness
Florida-Miami Dietetic Association
Miami-Dade County Parks and Recreation Department
Zumbado con Kelloggs
ActiveVote
Alliance Qi Gong Taiji, Inc.
Stonyfield Farm Yogurt
SAK Foundation
Dr. Solomon's Mobile Chiropractic
Clown Witty Catty Wacky Sue
Downtown Oriental Medical Group – Vivian Manduca
David Kann Melanoma Foundation
Corporate Body
Florida International University Judo Team
Dannon Yogurt
Gudevides DJ
Miami-Dade County Health Department
 Community Health Action Team (CHAT)
 Chronic Disease Prevention
 Women Infants Children (WIC)
 Women's Health

